

**S.B. 929, AN ACT EXPANDING SCHOOL MEAL PROGRAMS TO PROVIDE FREE
SCHOOL MEALS TO ALL STUDENTS**

Senator Maher, Representative Linehan, and members of the Committee on Children. My name is Timothy Bartlett with the Central Connecticut Coast YMCA and I am submitting comments in support of SB 929, An Act Expanding School Meal Programs to Provide Free School Meals to All Students.

Studies show that when schools serve no-cost meals for all, there is less absenteeism, more focus, and students feel safer in the cafeteria. Without a nutritious and well-balanced lunch, a child may feel sluggish and tired. When a child is hungry, it can cause a headache, irritability, and fatigue.

Further, I believe that providing the children of Connecticut with a free meal is a necessity. Children should not have to worry about where their next meal will come from. For a child to perform at his or her best, they need a nutritious meal.

Eating lunch is a key part of staying healthy and happy, and doing well in school. I urge you to support this legislation to support Connecticut's children.